



## 綠肥

是一類作物，其種植的目的不是待收成作為食物，而是待它們成長到一定的大小之後，就整株犁入土壤中，令土地肥沃和維持土壤的結構。種植綠肥是有機農夫廣泛採用的一種操作方式，通常是作物輪作計劃的一部分，農場中總會預留一幅土地作此用途。

### 選擇綠肥植物

能把空氣中的氮帶到土壤裏去的豆科植物如綠豆、太陽麻、苜蓿、豌豆、三葉草等，是綠肥的首選作物。對於

難以得到足夠堆肥或其他有機肥料的農場而言，綠肥尤為重要，因為它可補充土壤所需的養份和有機質。有些植物如太陽麻和苜蓿，其根部能縱深生長，有助開拓深層土壤，鬆化泥土，並令土壤深部的養份可供以後種植的作物吸收。其它耐旱性較強的植物如蕎麥，在瘠薄不毛之地也可快速生長，花期並能吸引益蟲，為預防雜草的綠肥佳選。



### Choosing Green Manure plant

Leguminous plants which are able to fix nitrogen from air e.g. mungbeans, sunnhemp, alfalfa, vetch, clover are commonly planted as green manures.

This is especially important in farms where there is a shortage of compost or other organic fertilizers to replenish the necessary nutrients and organic matters in the soil. Plants like alfalfa and sunnhemp have a deep root system that can help to open the subsoil and loosen up the soil and made nutrients in the subsoil available for the subsequent crops to be planted. Other plants like buckwheat which is drought tolerant and fast-growing even in poor soil and its flowering period may also attract beneficial insects can be used as a green manure to suppress weed growth.



## 綠肥 Green Manures

### Green Manures

are crops grown not to be harvested for food but incorporated into the soil for building and maintaining soil fertility and structure. Growing green manures is a farming practice widely adopted by organic farmers. It is usually included in a crop rotation scheme where a particular area of land in the farm is set aside for growing.

### 種植綠肥要點

一般而言，所有作為綠肥的覆蓋作物須在其仍然柔軟嫩綠、尚未結子時用犁翻入土壤之中。最理想的作法是翻到離土面不超過數吋之深處，即下一造作物大部分根生長的地方，亦是分解有機物的微生物最活躍的地方。必須確保的是這個犁翻的過程要完全徹底，以免那些綠肥重新生根，日後成為雜草。在綠肥被犁入土後，應預留一兩個星期的時間，以便殘餘植物分解，然後方可種植下一造作物。



### Growing Green Manures

In general, all green manures should be ploughed back into the soil while they are still relatively soft and green, and before they have chance to set seed. Ideally, they should be incorporated throughout the surface few inches of the soil where most rooting of the following crop will occur. This is also the place where decomposing organisms are most active. It is important to make sure that incorporation is complete so that the plants do not re-root and become weeds later. After incorporating a green manure crop, allow a couple of weeks for the residue plants to break down before planting.

#### 種植綠肥的好處

#### Benefits of growing green manures

- 補充土壤所需的養份和有機質  
Provides organic matter and nutrients
- 中斷病蟲害周期  
Disrupts pest and disease cycle
- 土壤面層免受侵蝕  
Protects the soil surface from erosion
- 改善土壤結構  
Improves soil structure

枝葉殘餘把養份重回泥土  
Foliage residue returns nutrients to soil

空氣中的氮固定於根瘤  
N<sub>2</sub> from air fixed in nodules

根部殘餘令泥土更肥沃  
Root residue enriches soil

從次土層中吸取養份  
Nutrients mined from subsoil

